- A PAGE FOR WOMEN AND THE HOME

THE DAILY SHORT STORY

Victim 745.

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Newspaper Syndicate)
HEN William McCord, mayor
of a city of one hundred thousand, went to spend a week in sand, went to spend a week in the nearest city of one million, one of the first places he visited was the Col-lege of Household Economics, where had been taking place a series of ex-periments in food costs. For William McCord was a man to whom all achievements of economy were rastly more interesting than those of great expenditure. He had become mayor of the city of one hundred thousand when younger than any of the previ-ous mayors because he had shown the people that he could run the city more economically than any of those former mayors. Yet not even his worse political enemy ever dubbed him stingy. His contributions to public charities were a suit that cost more than \$18 and his shoes were of the sort that

So when he heard of the diet squad experiments in the big city he was interested. If enough food to feed : working man for a day could be bought for 25 cents he wanted to know how it could be done. He wanted the wo-men who cooked and kept house for the men in his city to have a chance

IMAND PAINTED HAT

IMAND PAINTED At the deak sat Helen Crew just graduated from the college and now proudly holding the post of first assistant to the one in charge of the whole experiment. She was rosy-skinned, clear-cypd and spectacled. McCord liked the picture all but the spectacles. They seemed out of place on eyes like Helen's. She was clad in crisp gleaming white linen and she was intent on the work in hand. About her there were gathering the victims—as they were jestingly called. In previous experiments they had been drawn from the student body or one of the city departments but this time they were chosen from the rank and file of applicants for work at the municipal employment bases. cants for work at the municipal em-ployment bureau. At the bureau they had been measured and bathed and shaved and clothed. In return for their services on the squad they were each given a suit of clothes. They each given a suit of clothes. They were to be lodged at the municipal bureau and fed three times a day at the laboratory of the college. Meantime they were to be employed sodding the big city park at the expense of the city. That at least was hard "What is your name and number?"
I'm Bill McCord, but I've lost my number. I'll get it for you, though.
They gave me the number before they gave me the suit and I felt it in my old of the city. That at least was hard, outdoor work calculated to consume

of the city. That at least was hard, outdoor work calculated to consume as many calories of energy as any other.

The mayor turned from studying the girl's face and wishing that he could remove the spectacles to studying the faces of the men. Their baths and shaves and clothes had worked wonders. He was wondering how much the faces around him he walked amand shaves and clothes had worked wonders. He was wondering how much the faces around him he walked amand shaves and clothes had worked the faces around him he walked amand shaves and clothes had worked the faces around him he walked amand shaves and clothes had worked the faces around him he walked amand shaves and clothes had worked the faces around him he walked amand shaves and clothes had worked the faces around him he walked amand shaves and clothes had worked the faces around him he walked amand shaves and clothes had worked the faces around him he walked amand shaves and clothes had worked the faces around him he walked amand shaves and clothes had worked the faces around him he walked amand shaves and clothes had worked the faces around him he walked amand shaves and clothes had worked the faces around him he walked amand shaves and clothes had worked the faces around him he walked amand shaves and clothes had worked the faces around him he walked amand shaves and clothes had worked the faces around him he walked amand shaves and clothes had worked the faces around him he walked amand shaves and clothes had worked the faces around him he walked amand shaves and clothes had worked the faces around him he walked amand shaves and clothes had worked the faces around him he walked amand shaves and clothes had worked the faces around him he walked amand shaves and clothes had worked the faces around him he walked amand shaves and clothes had worked the faces around him he walked amand shaves wonders. He was wondering how much it had cost per man to clothe them. Then he looked back at the girl in spectacles whom he had determined to quiz about the plans for the experiment. He watched the eyes through the spectacles. He was wondering ment. He was wondering where the park to me. If it weren't that I sold the park to me. If it weren't that I sold lessons that Helen was now teach the spectacles.

be living here at this fine hotel while and smile.

going to make good '

It seems to me, little book, that re-sponsibility has broadened and streng-

thened Dick's character immeasurably Sometimes I wish I had met Dick now

for the first time, instead of in the

long ago. I think I would be more in love with him than I was then, but all

the things that have come between have meant so much to me that I can-

not build a bridge over that awful torrent of big sorrows and little hurts that will hold both love and me, as I again try to find the way to his

This may be morbid, little book, but oh, I want my youth—I want it again to give to Dick that he may cherish it and make it bloom.

Then he held it for a moment and

lightly threw it away; today I think he would hold it close. Isn't it sad, little bok that most of us go through life passing doors that lead to unspeak able 'oy and when we realize we have

lost our way and return to knock we only hear the fateful voice of oppor-

Once in a while, little book, I think what it would mean if I should ever the world see what I have written here and I wender if other women kusp these things in their hearts. We

we cannot enter now.

:: CONFESSIONS OF A WIFE ::

I keep thinking of Dick, little booklack up our thoughts-we bury our

It does not seem right that I should sorrows-cover from sight the blues

FLORAL WREATH PUT ON WITH PAINT BRUSH!



HAND PAINTED HAT

youth. She went on making entries on the card before her. McCord always acted quickly, but on this occasion he changed his plans of a two weeks' vacation in thirty seconds. When that time elapsed the girl was ready with the next question.

In the laboratory, as well as among the sodders at the park, great popularity. Of all the men who ate in the laboratory who at the park, great popularity. Of all the men who ate in the laboratory who at the park, great popularity. Of all the men who ate in the laboratory as well as among the sodders at the park, great popularity. Of all the men who ate in the laboratory, as well as among the sodders at the park, great popularity. Of all the men who ate in the laboratory will be sodders at the park, great popularity. Of all the men who ate in the laboratory who ate in the laboratory will be sodders at the park, great popularity. Of all the men who ate in the laboratory who are in the laboratory will be sodders at the park, great popularity. Of all the men who ate in the laboratory who are in the laboratory will be sodders at the park, great popularity. Of all the men who ate in the laboratory who are in the laboratory will be sodders at the park, great popularity. Of all the men who ate in the laboratory who are the park and the park are park and the park are park at the park, great popularity.

mayor rankly admitted that he had learned to be a stonecuter in his youth. She went on making entries youth. She went on making entries in the laboratory, as well as among the

And when he left the laboratory af-ter the other men had gone he had gained that promise-and another

HEALTH HINTS

Damp weather and fickle temperature at this season of the year in-

frequently prepare the way for the dis-

Habits that lower the vitality of the body of exhausting disease of whatever nature pave the way for the inroads of the germs that cause pneu-

The heavy drinker, or the man who takes "just so much a day" are the easiest victims of the disease. A raw, wet day, a slight cold and the heavy acid stomach feels fine. No indigestion of gas, or drinker is apt to be fighting pncumonia with the odds all against him.

ed to send you in a bigger portion, but I am afraid the other men might notice." Helen was a little tired and when victim 745 put out a large blist-cred hand to her—for it was many years since he had wielded the stone The fat man who will not exercise

No, Margie, it is brought you home, it would look to my rivals as though I were retrenching. They hope to push me to the wall and one of the great factors in this little is the bloft I am putting up.

"They know I have wealthy friends but I do not want to call on them. I have my pride, dear, and until I am down and out I am not going to acknowledge Dick Waverly a fallure. At least one of the Waverly a fallure. At least one of the Waverly a fallure. They would look to my rivals as though in the world—something to shaking hands with them and giving. Shaking hands with them and giving the pamphlets and suggestions for the mothers and wives at home. Then outstretched hand. Helen's face show the profes. Absolute rest is of the world is not love—is not riches—is not home anyway. Should one of the world is not love—is not riches—is not the roofs. Absolute rest is of the mutted hand. Helen's face show the profes. Absolute rest is of the patient is also vital, for the sick person must be given just as much food as the great factors in this little is the bloft of the patients and suggestions for the mothers and wives at home. Then desk with an outstretched hand. Helen's face show the profes. Absolute rest is of the mothers in the put the pamphlets and suggestions for the mothers and wives at home. Then desk with an outstretched hand. Helen's face show the profes. Absolute rest is of the mothers in some hospitals are treated in open air wards on the mothers and wives at home. Then desk with an outstretched hand. Helen's face show the profes. Absolute rest is of the mothers and wives at home. Then desk with an outstretched hand. Helen's face show the profes. Absolute rest is of the mothers and wives at home. Then desk with an outstretched hand. Helen's face show the profes. Absolute rest is of the mothers and wives at home. Then desk with an outstretched hand. Helen's face show the profes. Absolute rest is of the patients as all ref dust. The mothers and wives at home. Then desk with an outstretched hand. Helen's face show

EAST SIDE -:- NEWS -:-

Purchased Property.

Mr. and Mrs. C. D. Robinson of Merchant street left last night for Baltimore. They will also visit their daughter Miss Helen who is attending school in Washington before returning

Cheerful Comrades Class

Cheerful Comrades Class. tea.

Miss Ethel Gantz and Lawrence De DINNER — Turkish pilaff, hashed Witt delightfull entertaned the Cheer turnips, bean croquettes with cheese ful Comrades class of the First M. P. sauce, jellied apples. Sunday school last evening. The affair was held at the DeWitt home on Morgantown avenue and was attended by a large number of the young folics. Refreshments were served by the host and hostess.

Sauce, jellfed apples.

Potato Chowder

Put 1 1-2 cupfuls sliced potatoes to boil in 1 plut of boiling water, and add 1 sliced onion. When tender, rub the host and hostess.

END INDIGESTION OR STOMACH PAIN

"PAPE'S DIAPEPSIN" MAKES SICK, SOUR, GASSY STOMACHS

tion, heartburn, or belching of gas, or eructations of undigested food, no dizziness, bloating, foul breath or head-

Stocks not seem right that I should be living here at this fine hotel while and smile.

Here I am, little book, looking forward to life with Dick Waverly with perhaps more there in the hot city. I want to do some thing about the business one way or the other.

If Dick should die tomorrow I expect everything would be chaos. I hardly know any one of the men at the office or anybody in the corporation. I guess Dick is right—it all depends on him alone. He must weather the ship through the terrible breakers and sunken rocks just now. I told Dick the other day I thought to come home, and he said: "No, Margie, if I brought you home, It ware retrenching. They hope to

MEATLESS MENUS.

BY BIDDY BYE

In making out any kind of a menu, the housewife must use a fruit, a vegetable, cereal, and some protein bearing material, as meat or fish, or a substitute for them.

Purchased Property.

Okey Vincent has purchased property on Oliver Avenue and will move April 1 from the Summers property on Diamond street.

To Baltimore.

Mr. and Mrs. C. D. Robinson of Merchant street left last night for

BREAKFAST Baked prunes, oatmeal and milk or cream, buttered toast and coffee,

LUNCHEON-Potato chowder and

fried bread, orange and lettuce salad

Went to Morgantown.

Miss Louise Leonard of Guney street went to Morgantown yesterday to spend the week end with Miss Gladine Fisher.

Went to Morgantown.

Saft, pepper and butter. This should make 1 quart of chowder. Codfish, salt pork, and crackers may be added for a more nutritious meal.

Turkish Pliaff

To 1 cup of soup stock add 1 cup

DORA ELIZABETH KING BURIED

Funeral services over the body of
Dora Elizabeth King, little daughter
of Mr. and Mrs. Harley King, whose
death occurred Thursday in Cleveland,
O. were held this afternoon from the
residence of her grandparents, Mr.
and Mrs. George L. Ballah, on Field
street. Rev. R. T. Webb, of the First
M. E. church, south, conducted the serrackville for interment.

become tightly packed, liver gets sluggish and stomach disordered.

When cross, feverish, restless, see if
tongue is coated, then give this delicious "fruit laxative." Children love
it, and it can not cause injury. No
difference what alls your little one—
if full of cold, or a sore throat, diarrhoca, stomache, bad breath, remembed, a gentle "finside cleansing" should
always be the first treatment given.
Full directions for babies, children of
all ages and grown-ups are printed
on each bottle.

Beware of counterfeit fig syrups.

Beware of counterfeit fig syrups. Ask your druggist for a 50-cent bottle of "California Syrup of Figs." then

boiled rice and 3-4 cupful of strained tomatoes. Stir in 3 tablespoonfuls but-

tomatoes. Stir in 3 tablespoonfuls butter simmer 10 minutes.

Hashed Turnips.

Chop boiled turnips but do not let them get mushy. To 3 cupfuls of turnips, add 1 teaspoonful of saft, 1 is blespoonful of butter, and 4 tablespoonfuls of water or meat gravy, and season with pepper. Cook until the turnips have absorbed all of the seasonings.

Try pastry from Boquet or Marno-

Blood Good -or Bad?

Germs Expelled From The Body.

Twenty-four hours after you start to take Dr. Plerce's Golden Medical Dis-cevery, poisonous matter and blood impurities begin to leave your bedy

rough the liver, bowels, kidneys and It brings new activity to the liver, tomach and bowels in a short time,

and constipation to disappear. and constitution to disappear,
Good blood means good health; good
health means strong men and women,
full of vigor and ambition, with minds
alert and muscles ever willing. Any
medicine dealer will supply you with
br. Pierce's Golden Medical Discovery a either liquid er tablet form.

Hundreds Testify.

Clifton Forge, Va .- "I was firing a Clifton Forge, Va.—"I was firing a boiler in Staunton and the heavy work brought on indigestion. I applied to several doctors who gave me medicine, but it did little good. I doctored for over a year without success or help. Seven doctors tried to cure me and finally said they could not help me. I hen began taking Gelden Medical Discovers," after asking a doctor if it would help me. He said, "Try it," I began at once. The first bottle helped me. I began to get stronger and in three days I went to work. I had been three days I went to work. able to eat only rice and oatment. I now eat everything I want. I have had no return of the trouble and that war 15 years ago. I give all the credit to Dr. Pierce's Golden Medical Discovery.

HEADACHE? NEURALGIA? TAKE "CELERY-MIST"

COSTS ONLY FIVE CENTS A PACK AGE. FIRST IN QUALITY

Sick headache, nervous beadache any old kind of headache vanishes at once when you take "Celery-Mist." Same with neuralgia, grip and rheu of "California Syrup of Figs." then look carefully and see that it is made by the "California Fig Syrup Company." We make no smaller size. Hand back with contempt any other fig syrup.

IN FIVE MINUTES IF YOU "CATCH COLD" EASILY

READ THIS

To catch cold easily is a sign of a run down system—a sign that your body forces are too weak to resist ordinary conditions. Such a condition is dangerous. It frequently leads to consumption if not checked in time,

FOR COUGHS, COLDS, BRONCHITIS AND WEAK LUNGS

BEAR'S EMULSION is a natural product, pleasant and easy to take and of great benefit to the system. Your money is refunded freely if it does not benefit you. Complete information regarding ac-

free on request.



BEAR'S EMULSION is recommended and sold by all good druggists everywhere.

tual results of thousands of cases sent

Price, \$1.00 the bottle or six bottles \$5.00

Begin regular use today and you will begin to feel

better and be better at once

DR. JOHN D. BEAR

Elkton, Va.

DOINGS OF THE DUFFS-(GRANDMA REFUSES TO BE AN ONLOOKER.)-BY ALLMAN.







